**What to do if you think you are being bullied…**

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Be firm and clear – look the individual in the eye and tell them to stop

Get away from the situation as quickly as possible

Tell an adult what has happened straight away

**What should I do next?**

Tell a teacher or another adult in school

Tell a family member

If you are scared to tell a teacher or an adult on your own, ask a friend to go with you.

Keep on speaking up until someone listens

Don’t blame yourself for what has happened

**When you are talking about bullying with an adult, make sure you tell them…**

What has happened to you

How often it has happened

Who was involved

Who saw what was happening

Where it happened

What you have done about it already